<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
</table>
|        |        | **July is Disability Pride Month** | 1 Virtual ILS Training  
Disability Pride  
11:00am – 11:45am | 2 Virtual Youth ILS  
History of Disability Rights  
3:30pm – 4:00pm | 3 ECI CLOSED | 4 |
| 5      | 6      | Virtual ILS Training  
Tips for Hiring CD Attendants  
11:00am – 11:45am | 7 Virtual Youth ILS  
Medical Model: Two Different Perspectives on Disabilities  
3:30pm – 4:00pm | 8 Virtual ILS Training  
ABLE Accounts  
11:00am – 11:45am | 9 Virtual Youth ILS  
Disability Representation  
3:30pm – 4:00pm | 10 Virtual ILS Training  
ECI Youth Services  
11:00am – 11:45am |
| 12     | 13     | VACIL Virtual Conference  
ADA 30th Anniversary Celebration  
Via Zoom  
9:00am – 4:00pm (This is a separate event from ECI and registration is required. See insert for registration information) | 14 Virtual Youth ILS  
Disability Pride: What Does It Mean?  
3:30pm – 4:00pm | 15 Virtual ILS Training  
COVID-19 Emergency Preparedness  
11:00am – 11:45am  
~~~~~~~~~~~~~~  
ECI Board Meeting  
via Zoom  
12:00pm – 1:00pm | 16 Virtual Youth ILS  
Social Media and Cyberbullying  
3:30pm – 4:00pm | 17 Virtual ILS Training  
School Plans for September  
11:00am – 11:45am  
~~~~~~~~~~~~~~~~~~~  
Consumer Advisory Committee Meeting  
via Zoom  
1:00pm – 1:45pm (registration info on reverse side) |
| 19     | 20     | Virtual ILS Training  
Race in America  
11:00am – 11:45am | 21 Virtual Youth ILS  
How to Be Organized in College and Beyond  
3:30pm – 4:00pm | 22 Virtual ILS Training  
Medicaid COVID-19 Update  
11:00am – 11:45am | 23 Virtual Youth ILS  
How to Write a Resume  
3:30pm – 4:00pm | 24 Virtual ILS Training  
ECI COVID-19 Update  
11:00am – 11:45am |
| 26     | 27     | Virtual ILS Training  
Food Resources  
11:00am – 11:45am | 28 Virtual Youth ILS  
How to Write a Cover Letter  
3:30pm – 4:00pm | 29 Virtual ILS Training  
Commonwealth Community Trust (CCT)  
11:00am – 11:45am | 30 Virtual Youth ILS  
How to Ace an Interview  
3:30pm – 4:00pm | 31 Virtual ILS Training  
Resources for People With Hearing Loss  
11:00am – 11:45am |
ENDEPENDENCE CENTER INDEPENDENT LIVING SKILLS TRAINING SCHEDULE FOR JULY 2020

July 1-31 Virtual IL Skills Training – 11:00am – 11:45am
Daily ECI is providing IL Skills Training webinars through Zoom that will cover various topics. The webinars will be held on Monday, Wednesday and Friday during the month of July. You must register in advance one time for any of the webinars in this series: https://us02web.zoom.us/webinar/register/WN_-qnN-DgiTEussc-J691jE
After registering, you will receive a confirmation e-mail with information about joining the webinar.

- **July 1** – Disability Pride
  Presenter – Sarah Bailey
- **July 6** – Tips for Hiring CD Attendants
  Presenter – Lisbet Dula
- **July 8** – ABLE Accounts
  Presenter – Brittany Bullock, ABLEnow
- **July 10** – ECI Youth Services
  Presenter – Amy Ouellette
- **July 13** – ADA 30th Anniversary Celebration
  Presenter – Virginia Association of Centers for Independent Living (See flyer for further information and how to register)
- **July 15** – COVID 19 Emergency Preparedness
  Presenter – Scott Mahone, City of Norfolk
- **July 17** – School Plans for September
  Presenter – Sarah Bailey
- **July 20** – Race in America
  Presenter – Quincy Wynn
- **July 22** – Medicaid COVID-19 Update
  Presenter – Maureen Hollowell
- **July 24** – ECI COVID-19 Update
  Presenter – Nichole Davis
- **July 27** – Food Resources
  Presenter – Rena Lewis
- **July 29** – Commonwealth Community Trust (CCT)
  Presenter – Joanne Marcus with CCT
- **July 31** – Resources for People with Hearing Loss
  Presenter – Cheryl Simpson

Virtual Youth ILS Training for Ages 17 – 24 – Tuesdays and Thursdays -- 3:30pm – 4:00pm
During the month of July, the Endependence Center will offer independent living skills training for young people who use Endependence Center services. Each training will last for up to 30 minutes and will be presented by Sarah Bailey and Amy Ouellette. You can join the training either by the Internet or by telephone. Individuals who participate in these trainings should already be using Endependence Center services. If you want to participate in the training and are not yet involved with the Endependence Center, please contact Amy Ouellette, Youth Independent Living Coordinator, at aouellette@endependence.org or 757-351-1597. (See page 3 of the Newsletter for how to participate).

- July 2, 2020 – History of Disability Rights
- July 7, 2020 – Overcoming Medical Model: Two Different Perspectives on Disabilities
- July 9, 2020 – Disability Representation
- July 14, 2020 – Disability Pride: What Does It Mean?
- July 16, 2020 – Social Media and Cyberbullying
- July 21, 2020 – How to Be Organized in College and Beyond
- July 23, 2020 – How to Write a Resume
- July 28, 2020 – How to Write a Cover Letter
- July 30, 2020 – How to Ace an Interview

**15th ECI Board Meeting via Zoom – 12:00pm – 1:00pm**
**WED**
The Board of Directors meets every other month.
https://us02web.zoom.us/j/81642931501 Meeting ID: 816 4293 1501 Password: 948618

**17th Consumer Advisory Committee Meeting via Zoom – 1:00pm – 1:45pm**
**FRI**
The Endependence Center (ECI) Board of Directors appoints the Consumer Advisory Committee (CAC). The CAC includes ECI participants who review consumer satisfaction survey results and provide the Board with suggestions. The next CAC meeting will be held by phone and the Internet via Zoom. The CAC meetings are open to all participants. Please call Rena Lewis at (757) 351-1578 for more information.

Register in advance for any of the CAC meetings through September that meet on the 3rd Friday of the month:
https://us02web.zoom.us/meeting/register/tZAocO-srjlGtzcZkTHi34XNBX14keW5gUKp
After registering, you will receive a confirmation email containing information about joining the meeting.